

Heart pain, or chest pain, **can feel like pressure, squeezing, or heaviness and may radiate to the arms, neck, jaw, or back**. It can also be accompanied by shortness of breath, sweating, nausea, or dizziness, and it's crucial to seek emergency medical help immediately if you suspect a heart attack. [\[1, 2, 3, 4\]](#)

When to seek immediate emergency medical help

- **Uncomfortable pressure, fullness, or squeezing:**
in the chest for more than a few minutes.
- **Pain that spreads:**
to one or both arms, your back, neck, jaw, or stomach.
- **Shortness of breath**
.
- **Sweating**
.
- **Nausea or vomiting**
.
- **Light-headedness or fainting**
.
- **A feeling of a rapid or irregular heartbeat**
.[\[1, 2, 3, 4, 5\]](#)

What to do in an emergency

- Call emergency services (like 911 in the US) immediately.
- If you have been prescribed nitroglycerin, take it as directed while waiting for help.
- If advised by a healthcare provider or emergency personnel, take an aspirin to help prevent blood clotting, but do not delay calling for help to take it. [\[5\]](#)

Other potential causes of chest pain

While heart-related issues are a major concern, other conditions can also cause chest pain: [\[6, 7\]](#)

- **Angina:** Discomfort from reduced blood flow to the heart muscle. [\[2, 4\]](#)
- **Pericarditis:** Inflammation of the sac around the heart, often causing a sharp pain that can worsen with breathing or lying down. [\[4, 6, 8\]](#)
- **Myocarditis:** Inflammation of the heart muscle itself. [\[6\]](#)
- **Costochondritis:** Inflammation of the cartilage connecting the ribs to the breastbone, often causing pain when the area is touched. [\[9, 10, 11\]](#)
- **Digestive issues:** Such as acid indigestion or heartburn. [\[2, 12\]](#)
- **Muscle strain:** From coughing or exertion. [\[9\]](#)
- **Aortic dissection:** A tear in the wall of the aorta, the body's main artery. [\[4, 7\]](#)

Important reminder

This information is for educational purposes only and is not a substitute for professional medical advice. If you are experiencing any of these symptoms, call for emergency help immediately

rather than trying to self-diagnose. [5]

- [1] <https://www.merckmanuals.com/home/heart-and-blood-vessel-disorders/symptoms-of-heart-and-blood-vessel-disorders/chest-pain>
- [2] <https://www.youtube.com/watch?v=Jm6tQQBwM-o>
- [3] <https://www.mayoclinic.org/symptom-checker/chest-pain-in-adults-adult/related-factors/itt-20009075>
- [4] <https://www.mayoclinic.org/diseases-conditions/chest-pain/symptoms-causes/syc-20370838>
- [5] <https://www.mayoclinic.org/diseases-conditions/heart-attack/symptoms-causes/syc-20373106>
- [6] <https://www.webmd.com/pain-management/whats-causing-my-chest-pain>
- [7] <https://www.youtube.com/watch?v=XYZ4yBg0oCs>
- [8] <https://www.nhsinform.scot/illnesses-and-conditions/cardiovascular-disease/heart-disease/chest-pain/>
- [9] <https://www.mayoclinic.org/first-aid/first-aid-chest-pain/basics/art-20056705>
- [10] <https://www.verywellhealth.com/chest-pain-8420446>
- [11] <https://peninsulacardio.com.au/conditions/chest-pain/>
- [12] <https://www.youtube.com/watch?v=Uvd1tiqDe7o>

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vcvvgvv The image features financial personality **Jim Cramer**, host of the CNBC show *Mad Money* with Jim Cramer.

- Cramer is a former hedge fund manager known for his high-energy presentation style and stock market analysis.
- The show *Mad Money* transformed its time slot into one of CNBC's highest-rated programs.
- The Japanese text overlaid on the image, "メディアは私たちを批判し続ける", translates to "The media continues to criticize us".

Translation

- The media continues to criticize us.
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